From:	LearnOutLoud.com <emagazine@learnoutloud.com>
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CC:	
Date:	Mon, 3/18/2013 3:32:01 PM
Subject:	Monday Motivation: Deepak Chopra's 21-Day Meditation Challenge

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Free Resource - March 18, 2013

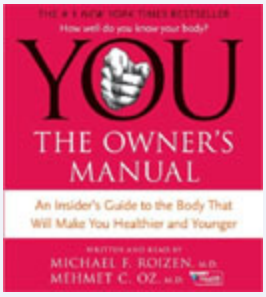
Free Resource of the Day

21-Day Meditation Challenge

Take Deepak Chopra's latest 21-Day Meditation Challenge. The theme of this challenge is "Perfect Health" and Deepak takes listeners on 15-minute guided meditations for 21 days. Each day includes an introduction by Oprah Winfrey along with soothing background music. The meditations focus on the journey toward the triad of whole wellness - mind, body, and spirit. Listen to these meditations on streaming audio. **Note:** To access these meditations you will need to enter in your email address or sign in using Facebook.

21-Day Meditation Challenge

Deal of the Day


YOU
THE OWNER'S MANUAL
An Insider's Guide to the Body That Will Make You Healthier and Younger
MICHAEL F. ROIZEN, M.D.
MEHMET C. OZ, M.D.

YOU: The Owner's Manual - An Insider's Guide to the Body that Will Make You Healthier and Younger

You probably think you know a lot about the human body. The reality is that most of us know very little about this miraculous, scientific, and artistic system of anatomy. When it comes to your longevity and quality of life, understanding your internal systems gives you the power, authority, and ability to live a healthier, younger, and better life.

You: The Owner's Manual challenges your preconceived notions about how the human body works and ages, then takes you on a tour through all of the highways, back roads, and landmarks inside of you. You'll learn about all of your blood-pumping, food-digesting, and keys-remembering systems and organs.

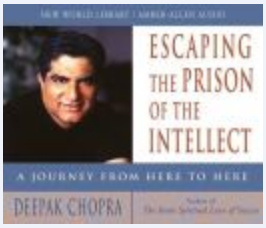
Just as important, you'll get the facts and advice you need to keep your body running long and strong. You'll find out how diseases start and how they affect your body -- as well as advice on how to prevent and beat conditions that threaten your quality of life. You: The Owner's Manual gives you an easy, comprehensive, and life-changing how-to plan for fending off the gremlins of aging.

Welcome to your body. Why don't you come on in and take a look around?

Listen to a free sample of: YOU: The Owner's Manual

Deepak Chopra Audio Downloads

Featured Section



Deepak Chopra Audio Downloads

Deepak Chopra is a world renowned writer on spirituality, healing and alternative medicine. He is widely recognized as one of the world's foremost authorities on the ancient Indian science of Ayurveda. Chopra, a fixture on various talk shows, and other media outlets, is the prolific author of 100 audio, video, and CD-ROM titles, which have been translated into 35 languages with over 20 million copies sold worldwide.

His audio and video programs go over key topics such as the connection between the mind and body and how it can help with emotional as well as physical healing. Indeed, Chopra's is a system of health care that actually treats the whole person: a system whose guiding principle is that the mind exerts the deepest influence on the body.

Deepak Chopra Audio Downloads

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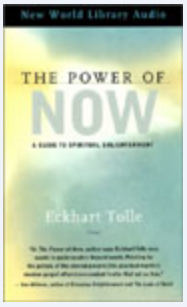

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